



Safe Helpline App

The Safe Helpline App (for iOS or Android) allows sexual assault survivors in the military to create a customized self-care plan and connect to resources from anywhere in the world.

You can use the self-care exercises and information in the app whenever you'd like. Your personalized plan will be stored only on your mobile device so it will remain completely confidential. Once you download the app, you don't need an internet connection to use it.

Safe Helpline App Self Care for Military Survivors of Sexual Assault

<https://safehelpline.org/about-mobile>